

KUNDALINI YOGA s/c

Ages 16 and up

Instructor: Hari Kaur Khalsa

Each class begins with alignment based Hatha postures and includes alignment based suggestions for Kundalini yoga postures. The combination of asana, breathe, stretching and relaxation results in physical balance and strength as well as a deep sense of well being. Please bring a yoga block and light blanket for relaxation. Yoga belts will be provided.

January 6 – March 24

(No class February 24 and March 17)

333052 A1 – TH - 9:30 a.m. – 11:00 a.m.

Fee: R \$90 / NR \$113 – Ten classes

HATHA YOGA s/c

Teens and Adults

Instructor: John Giunta, MA

Have fun while we gain flexibility, strength, improve concentration and achieve deeper union of body, mind and spirit with authentic classical yoga teachings. Dress for movement and bring a mat. Also bring a folded towel if you think you need extra padding. John has made a pilgrimage to India, studying Raja yoga and Vedanta. He is a senior yoga teacher certified by the Himalayan Institute and has over 30 years of teaching experience. John, is a Reiki practitioner, a certified Phoenix Rising Yoga Therapist and consultant on yoga listed with George Mason University Arts Wellness Program. A professional musician, John provides his own live music a variety of instruments for meditation at the end of the class. He has had numerous articles published on the subjects of yoga and music. He was ordained as an Interfaith Minister in 2004.

Beginner*January 11 – March 15***333050 A1** – T – 7:00 p.m. – 8:30 p.m.

Fee: R \$90 / NR \$113 – Ten classes

January 10 – March 21

(No class January 17 or February 21)

333050 C1 – M – 12:30p.m. – 1:30p.m.

Fee: R \$54 / NR \$67.50 – Nine classes/ one hour

Beginner/Intermediate*January 8 – March 19 (No class February 26)***333050 B1** – S – 7:00 a.m. – 8:30 a.m.

Fee: R \$90 / NR \$113 – Ten classes

Advanced*January 6 – March 17 (No class February 24)***333051 A1** – TH – 7:00 p.m. – 8:30 p.m.

Fee: R \$90 / NR \$113 – Ten classes



NEW

VINYASA YOGA S/C**Instructor: Zeena Deeb**

Vinyasa Flow Fusion: "Vinyasa," a Sanskrit word meaning "synchronized breath and movement," is an improvised mix of sun salutations, standing and seated postures, meditation, chanting, and breathing practices. In addition to the traditional vinyasa flow, we fuse elements of other yoga styles, such as Kundalini and Anusara, into my classes, as I have studied various styles of yoga over the years. The class is 60-minutes and begins with centering (including breathing) and warming up exercises, followed by Vinyasa flow sequences, balancing postures, inversions, cool-down exercises, and Savasana (meditation). Please bring a yoga mat.

*January 5 – March 9***333054 A1** – W - 9:30 a.m. – 10:30 a.m.

Fee: R \$60 / NR \$75 – Ten classes

NEW

SAMUCYAYA YOGA S/C**Instructor: Avinash Patwardhan M.D., M.S., CHES, Fellow A.I.S., ERYT⁵⁰⁰**

This program focuses on all the eight components of Yoga equally. The emphasis is on breathing, meditation, relaxation techniques, mental concentration and focusing. This program allocates only 1/8th of time and attention on postures (that makes up one of the components of Yoga). The suggested postures are very basic ones that do not require special skills. This program also includes brief "discourses" to educate participants about the holistic historical nature and utility of Yoga. Avinash is a published story writer and a poet, plays flute and tabla (Indian drums), and knows Sanskrit among six languages. He has worked for the World Health Organization and has published with it on 'Traditional Medicinal Systems'. He has been a teacher to students from k-12 through Ph.D. and given conference presentations on Ayurveda (Indian Traditional Medicine). Avinash currently works as a researcher in the field of health analytics and informatics. Please bring yoga mat.

*January 7 – March 18 (No class February 25)***333053 A1** – F– 7:00 p.m. – 8:00 p.m.

Fee: R \$15/ NR \$18.75 – Ten classes

YOGA SCULPT AND STRENGTH s/c

Ages 16 and up

Instructor: Body Moves Fitness LLC

Integrate the advantages of muscle conditioning with the alignment benefits of yoga practice. Bring mind and body into harmony while toning your musculature and preserving bone density. Weight bearing positions apply correct force to muscles around the bones, promoting strength and encouraging maintenance of bone mineralization. Use breath and focus to work fully with decreased stress and injury. Please bring a mat and light hand weights (1 – 2 lbs.) to class.

January 3 – March 21

(No class January 17 and February 21)

333501 A1 – M - 7:30 p.m. – 8:30 p.m.

Fee: R \$110 / NR \$138 – Ten classes

BEGINNER YOGA-CHI S/C

Ages: 16 and up

Instructor: BodyMoves Fitness LLC

This integrated "fusion" class offers the combined benefits of yoga and Tai Chi, instructing in fundamental, age-old forms of movement patterns and postures that help you feel more invigorated, energized and balanced. These movements both relax and stimulate the body in accessible ways, addressing strength and flexibility through moving meditation. **Please bring a yoga mat to class.**

January 3 – March 21

(No class January 17 and February 21)

333501 B1 – M - 6:30 p.m. – 7:25 p.m.

Fee: R \$110 / NR \$138 – Ten classes

MORNING FITNESS WAKEUP s/c

Ages: 18 and up

Instructors: John Mays and Nathan Greiner (certified personal trainers)

This class is a group personal training program for adults run by certified personal trainers. Get the benefits of your own trainer at a fraction of the cost. The program runs continuously throughout the year. It is designed to promote long lasting healthy habits and reduce the effects of aging in adults. Class will incorporate:

~ Weight Training – strong bones and muscles, weight management

~ Cardiovascular (indoor / outdoor) – increase heart efficiency, weight management

~ Flexibility Training – connective tissue health

January 3 – January 31

(No class January 17)

333429 A1 – M/W/F - 6:00 a.m. – 7:00 a.m.

March 7 – April 1

333429 C1 – M/W/F - 6:00 a.m. – 7:00 a.m.

April 4 – April 29

333429 D1 – M/W/F - 6:00 a.m. – 7:00 a.m.

Fee: R \$149 / NR \$186 – Twelve classes

February 7 – March 4

(No class February 21)

333429 B1 – M/W/F - 6:00 a.m. – 7:00 a.m.

Fee: R \$136 / NR \$170 – Eleven classes



PILATES WITH PROPS s/c

Ages: 14 and up

Instructor: BodyMoves Fitness LLC

Pilates with Props extends the benefits of Pilates by employing small apparatus including flex bands and sponge balls to increase the range of intensity of Pilates mat exercises. The latter weeks of class add an element of balance work through the use of the Swiss Ball.

(Optional material fee in class to purchase a burst-resistant, 55cm Swiss Ball from instructor or bring your own.) **Please bring a mat to class.**

January 4 – March 22

333500 A1 – T - 12:30 p.m. – 1:30 p.m.

Fee: R \$144 / NR \$180 – Twelve classes

SHOTOKAN KARATE

Ages: 10 and up

Instructor: Mark James

Shotokan is a traditional Japanese style of karate. Typical training includes basic techniques (kihon), forms (kata) and sparring (kumite). This class is designed primarily for beginners and those with limited martial arts experience. Benefits include improved fitness and flexibility, increased confidence, better hand-eye coordination, enhanced knowledge of self-defense techniques, greater self-control and reduced stress. Additional costs will include uniforms and personal equipment. Belt, board and test fees will be required when testing to advance in rank. It is recommended that a uniform not be purchased until the student has participated in at least several classes. Initially, loose fitting clothing, such as sweatpants and a tee shirt or sweatshirt, is recommended.

January 13 – March 13

333023 A1

TH - 6:30 p.m. – 7:30 p.m. and

SU 12:00p.m. – 1:00p.m.

Fee: R \$99 / NR \$123.75 – Eighteen classes

TAI CHI CHUAN

Tai Chi Chuan is basically a martial art, but consists of a system of soft intrinsic exercises. It is the body controlled by the mind. It is this mind, which is actually the moving force present with every motion. All patterns and movements are composed of circles, arcs, curves, and spirals of all sizes going in all directions. Tai Chi Chuan builds good physique, as all muscles and joints are exercised. It will improve inner body health due to deep and concentrated breathing, cultivates patience and restraint, influences nervous, cardiovascular, respiratory and digestive systems and immensely improves balance, which normally deteriorates with age.

Beginner

January 10 – March 16

(No class January 17 and February 21)

M/W – 7:00 a.m. – 8:00 a.m.

Fee: Free

BEGINNING PILATES S/C

Ages: 14 and up

Instructor: BodyMoves Fitness LLC

Enjoy the numerous benefits of this popular discipline. Strengthen the torso, including the body's "powerhouse"; enhance balance and muscle control while increasing flexibility and range of motion; develop proper body alignment, "lengthening" the spine, and connect mind to muscles using the breath and mental focus.

Please bring a mat to class.

January 5 – March 23

(No class February 23)

333500 B1 – W - 7:00 p.m. – 8:00 p.m.

Fee: R \$132 / NR \$165 – Eleven classes

TOTAL FITNESS AEROBICS – THE ULTIMATE CARDIO WORKOUT s/c

Instructor : Nina Crissey (AFAA certified with over 20 years experience)

This fun and challenging class is designed to increase cardiovascular fitness along with developing tone through muscular conditioning. This low-impact, high intensity workout is designed to meet the needs of all levels of fitness. This one-hour workout consists of 40 minutes of aerobics including stand-up toning exercises and 20 minutes of floor work concentrating on abdominal muscles and legs. Enjoy top 40, classic rock and high energy favorites while you get in great shape. Men and women are welcome. Please remember to bring a water bottle and towel or mat. For more information call Nina @ 703-255-6630 or visit www.totalfitnessvienna.com.

January 4 – March 24

(No class January 18, February 24 and March 17)

333020 A1 – T/TH - 6:00 p.m. – 7:00 p.m.

Fee: R \$210 / NR \$262.50 – Twenty one classes

January 8 – March 26

(No class January 29 and February 26)

333020 C1 – S - 8:30 a.m. – 9:30 a.m.

Fee: R \$100 / NR \$125 – Ten classes

ZUMBA – LATIN AEROBICS S/C

Ages 16 and up

Instructor: Lupe Rother

Have Fun dancing to Zumba, an aerobics dance class with Latin and other exotic world beats, and become a fitter you! This dancercise class promotes freedom of expression through body movement while tapping into the energy and excitement of Latin dancing. It will help you to strengthen, shape, burn calories, tone & sculpt your body, while you learn popular dances such as Merengue, Salsa, Belly, Cumbia, Samba, Bachata, Reggaeton, Cha Cha and more.

January 3– March 21

(No class January 17 and February 21)

333021 A1 – M - 7:00 p.m. – 8:00 p.m.

Fee: R \$100 / NR \$125 – Ten classes

January 8– March 26

(No class January 29 and February 26)

333021-B1 – S - 10:00 a.m. – 11:00 a.m.

Fee: R \$100 / NR \$125 – Ten classes

JAZZERCISE s/c

Teens and Adults

Instructor: Joan Brown

The original dance exercise phenomenon! Each 60 minute class offers a blend of jazz dance and exercise science choreographed to today's hottest music, including Top 40, jazz country, funk and classics. Easy to follow fun choreography includes a gentle warm up, 30 minute aerobic workout, muscle toning and strengthening segment with weights, and a stretch finale. To register call 703-802-1483.

M/W/F - 9:30 a.m. - 10:30 a.m.

M/W - 6:30 p.m. – 7:30 p.m.

Fee: \$42 for monthly pass;

\$10 per class for walk in.

JAZZERCISE ON THE LIGHTER SIDE s/c

Teens and Adults

Instructor: Joan Brown

Fitness that's not intimidating, just invigorating! This 60-minute class pairs moderate aerobics with exercises that are designed to improve strength, balance and flexibility using easy-to-follow movements. Whether you are a beginner, newcomer, a senior, pregnant, significantly overweight, or otherwise physically restricted, you can't go wrong with this popular light version of the original Jazzercise program. For more information Call 703-802-1483 to register.

T/TH - 5:45 p.m. - 6:45 p.m.

Fee: \$42 for monthly pass;

\$10 per class for walk in.

CARDIO BOXING s/c

Ages 16 and up

Instructor: Fee Pearson

This 45-minute calorie blasting workout uses aerobics, kicks, and punches to improve fitness. Although this class is high energy, variations are demonstrated for high and low impact. Kick, jab, and punch your way to fitness to the hottest dance music.

January 5 – February 16

333022 A1 – W – 8:15 p.m. – 9:00 p.m.

Fee: R \$77 / NR \$96.25 – Seven Classes

